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## **FOR IMMEDIATE RELEASE**

### **Public Invited to Emergency Preparedness & Community Health Expo Town of Los Gatos partners with Addison Penzak Jewish Community Center** *(Details of 4 day expo are attached to this press release)*

**WHEN:** Sunday February 4<sup>th</sup> through Wednesday February 7<sup>th</sup>, 2007

**WHERE:** Addison Penzak Jewish Community Center, 14855 Oka Road, Los Gatos

**WHO:** Public invited

Other sponsors: Community Hospital of Los Gatos & American Red Cross Santa Clara Valley

Los Gatos, CA January 17, 2007 - The Town of Los Gatos and the Addison Penzak Jewish Community Center Silicon Valley (JCC) are pleased to announce their joint Emergency Preparedness & Community Health Expo. The community is invited to attend this event which extends over four days.

The expo features a series of lectures, workshops, and activities centered on Emergency Preparedness, Community Wellness and Heart Healthy Lifestyles. Participants include the American Red Cross Santa Clara Valley, Santa Clara County Fire Department and Los Gatos-Monte Sereno Police Department. The expo will also include health screenings, free exercise classes, a vendor fair, 5K winter walk, and plenty of entertainment for the kids. Everyone attending is encouraged to bring a heart healthy food donation benefiting Second Harvest Food Bank. For complete event details and schedules, please visit [www.svjcc.org/expo](http://www.svjcc.org/expo).

"This joint effort builds on Los Gatos Prepared, the Town of Los Gatos initiative launched last October to educate the residents of Los Gatos about being prepared in the event of an emergency," said Joe Pirzynski, Mayor of the Town of Los Gatos who will kickoff the event on Sunday February 4, 2007 at 12pm. Emergency preparedness and community wellness continue to be a major emphasis for the Town of Los Gatos.

"Serving the community is fundamental to the JCC's mission and we are delighted to be partnering with the Town of Los Gatos in providing education on overall community wellness," said Hal Bordy, CEO of the Addison Penzak Jewish Community Center. "This is just a prelude to the community wellness offerings we will be delivering to the residents of our town which include physical therapy and sports medicine as well as cardio rehab level 3" he added.

**About the APJCC**

The APJCC reopened its doors in September 2005 on the all new Gloria and Ken Levy Family Campus, located in Los Gatos, California. Since reopening, membership has grown to over 3,000 members and we have expanded our preschool from 18 months to 4 years, as well as Teen and Older Adult facilities. The

APJCC Health and Wellness Programs have been expanded with a 20,000 square foot fitness center, heated pool, lighted tennis courts, and a full gymnasium. The wireless café, catering kitchen, and multi-purpose auditorium provide a great venue for the expanded cultural and education programs now offered for all ages, faiths, and backgrounds.

**Mission**

The Addison Penzak Jewish Community Center (JCC) Silicon Valley fosters appreciation of Jewish identity, values, and culture and serves as a social, recreational, and cultural hub for the Los Gatos and West Valley community-at-large. The JCC is a beneficiary of the Jewish Federation of Silicon Valley and the United Way Silicon Valley.

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# Expo Event Schedule

**Celebrate Emergency Preparedness & Heart Healthy Month at the JCC!**

Sunday Feb. 4th	Monday Feb. 5th	Tuesday Feb. 6th	Wednesday Feb. 7th
<b>8:30am-12:30pm</b> <b>-Free Group Exercise Classes</b> <b>9:30am</b> -5K Winter Walk <b>10:00am-2:00pm</b> -Health Expo & Screenings -JCC Tours Every ½ Hour <b>11:00am-12:00pm</b> -FitKidz: Youth Fitness & Games (in coord. with proceeding lectures) <b>11:00am-11:30am &amp; 11:30am-12:00pm</b> -Family Basic Life Safety Lectures <b>12:00pm-12:30pm</b> - Sit & Fit Exercise Class <b>12:00pm-1:00pm</b> <b>-Los Gatos Mayor Joe Pirzynski Presents Proclamation</b> -Kids Fire Truck/Ambulance Tours	<b>6:00am-6:30pm</b> -FREE Group Exercise Classes <b>5:00pm-8:00pm</b> -Health Expo -JCC Tours Every ½ Hour <b>6:00pm-6:30pm</b> -FREE Group Tennis Lessons <b>6:30pm-7:30pm</b> -"Earthquake & Fire Safety" presented by the Red Cross <b>7:30pm-8:00pm</b> -"The 101 on 911": Panel discussion with Red Cross, Fire & Police Departments	<b>6:00am-6:30pm</b> -FREE Group Exercise Classes <b>5:00pm-8:00pm</b> -Health Expo & Screenings -JCC Tours Every ½ Hour <b>6:00pm-6:30pm</b> -FREE Group Tennis Lessons <b>6:00pm-7:00pm</b> -"Stress Management " Presented by Dr. Pedreiro, D.C. <b>6:15pm-7:15pm</b> -"Healthy Heart Family Nutrition" Lecture	<b>6:00am-7:30pm</b> -FREE Group Exercise Classes <b>5:00pm-8:00pm</b> -Health Expo -JCC Tours Every ½ Hour <b>5:00pm-6:30pm</b> -Tennis Open House <b>5:30pm-6:30pm</b> -"Balanced Lifestyle & You" presented by Dr. da Gamma <b>6:45pm-8:00pm</b> -5-on-5 Basketball Game County Fire vs. Los Gatos Police
<b>Sunday's 5K Winter Walk &amp; Expo will get you ready for the big game!</b>			

**Visit [www.svjcc.org/expo](http://www.svjcc.org/expo) for complete event information**